

Ninjutsy yellowbelly hiji enpi how to do it step by step

Hiji (elbow) and **enpi** (elbow strike) are fundamental striking techniques in Ninjutsu and are commonly included in the yellow belt (5th Kyu) syllabus^{[1][2]}. While detailed, step-by-step instructions specific to "Ninjutsu yellowbelly hiji enpi" are not explicitly found in the search results, the following is a standard step-by-step method to perform a basic **hiji/enpi (elbow strike)** as practiced in many Ninjutsu and traditional Japanese martial arts systems:

Step-by-Step: Basic Hiji/Enpi (Elbow Strike)

1. Stance Preparation

- o Begin in a natural stance, feet shoulder-width apart, knees slightly bent, and hands in guard position near your face or chest for protection^{[2][1]}.

2. Chamber the Arm

- o Decide which elbow you will strike with (for example, right elbow).
- o Pull your right arm back so your forearm is parallel to the ground, elbow bent, and hand near your ribcage or shoulder.
- o Your other hand guards your face or is extended slightly forward.

3. Body Rotation

- o Rotate your hips and shoulders toward the target to generate power.
- o Keep your core engaged and your back straight.

4. Strike Execution

- o Drive your elbow forward and slightly upward (for a standard horizontal or rising elbow strike).
- o The motion should be compact, using your body's rotation and the snap of your hips for power.
- o The striking surface is the point of your elbow.

5. Follow Through and Recover

- o After contact, quickly retract your arm to the guard position.
- o Reset your stance and prepare for the next movement or defense.

Key Points:

- Keep your other hand up to protect your face throughout the motion.
- Use your whole body, not just the arm, for maximum power and effectiveness.
- Practice slowly at first, focusing on form and balance, then increase speed and power as technique improves.

Note: The term "yellowbelly" appears to be a mishearing or mistranslation; the correct reference is likely "yellow belt" (5th Kyu), which is the first colored belt level in many Ninjutsu systems^{[2][1]}. The elbow strike (hiji/enpi) is a required technique at this level.

If you require a specific variation (such as upward, downward, or side elbow), or a combination with footwork or other strikes, please specify, and I can provide further detail.

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1. https://www.akban.org/wiki/Yellow_belt,5th_Kyu_syllabus-_Ninjutsu
2. https://www.akban.org/learn_ninjutsu/first